



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Family Food Cent\$

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Back-to-School Nutrition Tips:

August is a time to prepare for the upcoming school year, where nutrition plays a vital role in supporting students' academic performance. Consider the following tips:

- **Balanced School Lunches:** Plan and pack nutritious lunches for your children. Include a variety of food groups, such as lean proteins, whole grains, fruits, vegetables, and dairy products. Encourage children to make healthier choices by involving them in meal planning and preparation.
- **Smart Snacking:** Choose healthy snacks that provide sustained energy throughout the day. Opt for fresh fruits, vegetable sticks with hummus, yogurt, whole-grain crackers with cheese, or homemade trail mix.
- **Breakfast Boost:** Ensure students start their day with a balanced breakfast. Offer options like whole-grain cereals, yogurt parfaits with fruit, smoothies, or egg-based dishes. These provide essential nutrients and contribute to improved concentration and cognitive function.
- **Hydration Tips:** Whether it is warm or cold outside, it is essential to stay hydrated. Drink water infused with fruits or herbs, or unsweetened iced tea as refreshing alternatives to sugary drinks. Carry a reusable water bottle with you as a reminder to drink plenty of fluids throughout the day.



This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Recipes from: <https://www.myplate.gov/myplate-kitchen/recipes>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

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Ending the Summer Right: Preparing for a Successful School Start

As the final days of summer approach, it's important to make the most of this time while also preparing for a smooth transition back to school. By ending the summer on a positive note and taking some proactive steps, you can set yourself up for a successful start to the new academic year.

1. Reflect on Summer Achievements:

Before diving into school preparations, take a moment to reflect on your summer experiences. Celebrate your accomplishments, whether it's learning a new skill, completing a personal project, or spending quality time with loved ones.

2. Establish a Back-to-School Schedule:

As the lazy days of summer end, gradually adjust your schedule to align with the upcoming school routine. Do simple things like a bedtime routine, and morning preparation to get your mind and body ready for the new schedule.

3. Review and Refresh Academic Skills:

Reading books that interest you helps expand your vocabulary. Visit the local library or explore online resources for reading lists or recommendations. Writing in a journal, will also help with expressing yourself and reinforcing writing skills that you will use throughout your school year.

4. School Supply Organization:

Get a head start on school supplies to avoid last-minute rushes and stress. Check for school requirements provided by your teachers and ensure you have all the necessary materials. Organize a backpack and study space that is also supplied and ready for a calming environment to learn.

5. Set Academic Goals:

Ensure goals are SMART (Specific, Measurable, Achievable, Relevant, and Time-bound). Break them down into smaller milestones to track progress effectively. Identify the most important areas you want to improve or excel in, and devote time and effort to those areas.





The ultimate comfort food! This healthier version of a family favorite uses non-fat evaporated milk and low-fat cheese to create its creamy sauce.

Classic Macaroni and Cheese

Makes 8 Servings

Ingredients:

2 cups macaroni	¼ teaspoon black pepper
½ cup onion (chopped)	1 ¼ cups cheese, finely shredded
½ cup evaporated milk, non-fat	sharp cheddar, lowfat
1 large egg (beaten)	cooking oil spray

Directions:

1. Wash hands with soap and water.
2. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
3. Spray a casserole dish with nonstick cooking oil spray.
4. Preheat oven to 350°F.
5. Lightly spray saucepan with nonstick cooking oil spray.
6. Add onions to saucepan and sauté for about 3 minutes.
7. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
8. Transfer mixture into casserole dish.
9. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Nutritional Information per serving: Total Calories 170g; Total Fat 3g; Saturated Fat 1g; Protein 11g; Carbohydrates 25g; Dietary Fiber 1g; Sodium 136g



These simple stuffed peppers are fun and flavorful. Use yellow, red, green, and orange peppers for a colorful dish.

Simple Stuffed Peppers

Makes 4 Servings

Ingredients:

1 cup brown rice, uncooked	1 cup cheddar cheese, shredded
1 can black beans, low sodium (15 ounces)	(reduced fat)
4 bell peppers (any color)	1 tomato, sliced
	1 cup salsa
	salt (to taste, optional)

Directions:

1. Wash hands with soap and water.
2. Preheat the oven to 400°F.
3. Cook brown rice according to package directions.
4. Wash the peppers under running water.
5. Cut the tops off the peppers and spoon out the seeds.
6. Drain and rinse the black beans.
7. Combine the beans, rice, salsa and salt (optional).
8. Spoon about 3 Tablespoons of the mixture into the bottom of each pepper.
9. Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
10. Repeat steps 7 and 8 to fill the pepper completely but do not top with cheese.
11. Bake peppers for 30 minutes, top each with 2 Tablespoons of cheese and continue baking for 15 minutes more.

Nutritional Information per serving: Total Calories 422g; Total Fat 11g; Saturated Fat 6g; Protein 19g; Carbohydrates 62g; Dietary Fiber 13g; Sodium 601g



**Find more recipes
and videos at
extension.sdstate.edu**

Eggplant

Makes 4 servings

Easy Eggplant Stir Fry

Ingredients:

- 2 eggplants (peeled and cubed)
- 1 Zucchini (thinly sliced)
- 1 cup green bell pepper (cut into strips)
- 2 onions (sliced)
- 3 Tablespoons low-fat Italian dressing
- 2 cups cherry tomatoes
- 2 cups brown rice (cooked)

Directions:

1. Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet.
2. Stir lightly to combine and cook over low heat until tender.
3. Stir in cherry tomatoes and cook for 3-5 minutes.
4. Serve over cooked brown rice.

Nutritional Information per serving: Total Calories 230; Total Fat 3g; Sodium 90mg Carbohydrates 50g; Dietary Fiber 9g; Sugar 11g Protein 6g



Did you know ...

Eggplant has antioxidants like vitamins A and C, which help protect your cells against damage. It's also high in natural plant chemicals called polyphenols, which may help cells do a better job of processing sugar if you have diabetes.

Learn more at: extension.sdstate.edu/eggplant-pick-it-try-it-it-preserve-it



Learn more ways about “food preparation” with this short interactive lesson available at The Dish: Real Talk about Food. Check out our website here: thedishrealtalk.com/course2/#/ or follow instructions below.



1. Open the camera on your phone.
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. Your smartphone reads the code and a the link pops up on your screen.